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National Voter Registration Day: September 22

Tuesday, September 22, is National Voter Registration Day, a nationwide effort to make sure every eligible voter has the chance to make their voice heard. Whether you've recently moved, need to update your registration, or simply want to double-check that your information is current, this is a great time to make sure you're all set for upcoming elections.

If you're not sure whether you're registered, need to update your address, or have questions about how to register, our team is happy to help point you in the right direction. You can also check your registration status directly through the Texas Secretary of State's website at VoteTexas.gov.

Every vote matters, and we're proud to be a community that stays engaged and informed!

September 2026

From Sahar's Desk



September brings us National Healthy Aging Month, a great reminder that "aging well" isn't about slowing down, it's about staying engaged, active, and connected. Here at The Abbey, we see it every day: in our fitness classes, our card games, our lively dinner conversations, and our residents who never stop learning something new.

This month, we're putting a little extra spotlight on the small habits that add up to a healthy, vibrant life:

- **Stay Active:** Join us for our regular wellness classes with Kathi, or take a stroll around the community with a friend.
- **Stay Social:** Book Club, Travel Club, Bingo, and card games are all great ways to stay connected (and have some fun while you're at it!).
- **Stay Nourished:** Chef Rogers' kitchen is always cooking up something good for both body and soul.

Healthy aging looks different for everyone ... for some, it's a morning walk, for others, it's a standing Tuesday bridge game or trying a new recipe from the dining room. Whatever it looks like for you, we hope you'll take this month as an invitation to try something new or lean a little deeper into the things you already love. Here's to another month of moving, laughing, and living well together!



Labor Day, Monday, September 7, has roots dating back to September 5, 1882, when the Central Labor Union organized the first celebration in New York City with a parade and picnic honoring the contributions of American workers. Thousands turned out for that first event, and the idea spread quickly to other cities. The holiday grew out of the labor movement of the late 1800s, and by 1894, Congress made it an official federal holiday, signed into law by President Grover Cleveland.

There's some historical debate over who first proposed the idea — some credit Peter McGuire of the American Federation of Labor, while others point to Matthew Maguire, a machinist active in the labor movement. Either way, the spirit behind the day has stayed the same for well over a century: a moment to pause and recognize the dignity of work and the people who do it.

Today, Labor Day has also come to mark the unofficial end of summer. For many, it's the last long weekend before the pace of fall sets in — one final chance for cookouts, pool days, and time with family before the season turns. However you spend it, we hope it's a great one!



Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are many ways to connect and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits, sending “just because” cards by mail or making phone or video calls. For short but meaningful connections, try texts or connecting on social media.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences.

You've probably heard the saying “They may forget what you said, but they will never forget how you made them feel.” What grandchildren will value most is love and support. Showing interest in their lives, offering a listening ear and saying “I love you” are all simple yet shining ways of being a wonderful grandparent.

2026 School Supply Drive a Success!



The Abbey community came together this summer for our 2026 School Supply Drive, headed by

resident Martha Bair. Together, residents collected \$504.63 in cash and checks to be spent on school supplies. In addition to their monetary donations, residents also shopped from a supply list and purchased needed items, filling a box with crayons, scissors, notebook paper, and other essentials.

On July 31, 2026, Jim drove Martha Bair and Patricia Diggs to deliver the box of supplies to Star of Hope, where the contents will go toward filling backpacks for elementary-age children.

Martha, a former elementary school principal, shared why this cause means so much to her: “As a former elementary principal, it is so important for students at the beginning of school to be like all children, with new school supplies.”

Thank you to everyone at The Abbey who contributed to this wonderful cause and helped local children start the school year with the supplies they need to succeed!

Kathie's Corner



Compared to people who walked just 2,000 steps a day, those who reached

7,000 daily steps saw remarkable health benefits, including:

- 38% lower risk of dementia
- 25% lower risk of cardiovascular disease
- 22% lower risk of depressive symptoms
- 14% lower risk of diabetes
- 6% lower risk of cancer
- 28% lower risk of falls
- 47% lower risk of death overall

- 47% lower risk of dying from heart disease
- 37% lower risk of dying from cancer

The takeaway? You don't need 10,000 steps to see real results — just a daily walk can make a powerful difference.

Join The Abbey Walking Club and start taking steps toward a healthier you today!

Welcome to the Abbey Family

Priscilla Calhoun
Mike Carran
Patrick and Montyne Clayton
Angela Kim
Edwin and Barbara Owens
Peter and Norma Rowland

A Lasting Tribute to Sarah Ward



Approximately two months ago, the third floor residents and

Garden Club members asked Abbey residents to join in raising funds for a memorial gift to honor Sarah Ward, a beloved friend and neighbor whose presence touched so many corners of Abbey life.

Sarah had a gift for making people feel at home. She warmly greeted newcomers and hosted dinners to welcome them into the Abbey community. She was also deeply devoted to the Garden Club, spending countless hours tending the second floor courtyard, a space she loved and helped bring to life.

We are pleased to report that an all-weather garden bench, handcrafted by an Amish craftsman, is now situated in the second floor courtyard for all residents to enjoy. Thanks to the generosity of so many, we raised a total of \$1,540.00. After purchasing the bench and a commemorative plaque, we gave the Garden Club a \$660.00 balance.

We believe this bench will stand as a lasting memorial to Sarah's spirit.

Thank you to all who participated: the Third Floor Residents and the Abbey Garden Club.

Happy Birthday!

Peggy D.	9/1
Angela K.	9/3
Elizabeth S.	9/3
Stanley B.	9/9
Barbara G.	9/13
Mike C.	9/17
Jennifer K.	9/20
John R.	9/23
Franklin O.	9/25

Happy Anniversary!

Bill R. & Emily M.	9/05
Kurt & Diane H.	9/10
Wendell & Jo Ann Z.	9/21
Charles & Mary Anne W.	9/25
David & Johnnie L.	9/26



Cheers to Dorothy — Our Wine Down Wednesday Winner!



Since we kicked off Wine Down Wednesday, it's quickly become one of our favorite ways to unwind and connect.

Congratulations to Dorothy, our latest Wine Down Wednesday Winner!

Thank you to everyone who has joined us for good company, good conversation, and a glass (or two) of something wonderful. We hope to see even more of you at our next Wine Down Wednesday!

